



TIP OF THE WEEK

April 8, 2008

I am generally a good sleeper – even on the road when sleeping in hotels. But sometimes that monkey talk (you know that voice in your head that is thinking about yesterday and tomorrow) just keeps me awake.

I cope by keeping some boring things on my iPod and playing them with the headphone under the pillow. For instance, I enjoyed listening to Bill Clinton's book Giving. And I recommend it as a read. Clinton says that we can all find ways to give and give back regardless of our economic station. And he gives hundreds of great examples. But an added benefit is its ability to shove that monkey talk right out of my head and let me fall back to sleep.

I have also had success with Jeffrey Thompson's Delta Sleep System. It's a combination of music, white noise and some delta pulses – whatever they are.

51 HOLLAND

Yawn. Gotta go take a snooze.

AVENUE

WESTFIELD

Good luck. Work **ON** your business. Stay in touch.

MASS

01085-3730

The Markens Group

Ben Markens